

DEPARTMENT OF THE ARMY
HEADQUARTERS, XVIII AIRBORNE CORPS AND FORT BRAGG
FORT BRAGG, NORTH CAROLINA 28310



NORTH CAROLINA RETIRED ARMY PERSONNEL BULLETIN

SUMMER / FALL 2005

FORT BRAGG RETIREE APPRECIATION DAYS

16 and 17 September 2005

Major General Virgil L. Packett, II, Acting Commanding General XVIII Airborne Corps and Fort Bragg invites all Army Retirees to participate in the 2005 Retiree Appreciation Days. Fort Bragg is hosting Retiree Appreciation Days activities (RAD) on 16 and 17 September 2005. The red carpet will be rolled out as retirees are welcomed on post to celebrate.

This very special event commences 16 September at the Ryder Golf Course, with a Retiree Golf Tournament. Other events scheduled that day include a North Carolina Army Retiree Council Meeting, and a Social Welcome/Dinner at the Fort Bragg Officers' Club that evening.

The event on Saturday is scheduled to begin at 6:30 a.m. with breakfast in the Womack Army Medical Center Dining Facility, followed by a Welcome Ceremony at 9:00 a.m. in the Weaver Auditorium. As in years past Womack Army Medical Center will offer medical screenings for retirees and their spouses. This annual health event provides the opportunity for all participants to receive services that can lead to a satisfying and productive life.

TRICARE, "Your Military Healthcare System" briefings will be conducted at 9:00 a.m. and 1:30 p.m. in the Weaver Auditorium.

Information booths will also provide health and wellness information to include: cardiovascular risk reduction, tobacco cessation, men's health, women's health, diabetes, skin cancer prevention, and other health-related topics. Nutritional information, medication information/drug interaction and TRICARE information will also be available. Retirees are encouraged to bring in all of their medications for review.

Other services will include: prostate screenings, hearing screenings, eye exams, breast exams, dental exams and cholesterol screenings for military retirees and their spouse. Transportation will be provided from WAMC to the Vehicle Registration Center located on Randolph Street at Bragg Boulevard and the ID Card Facility located in the Soldier Support Center.

Persons seeking health care during Retiree Appreciation Day should access the hospital from the All American Expressway entrance.

For more information on Retiree Appreciation Day, please call your **Retirement Services Office at (910) 396-8591/5304 or toll-free 1-800-535-6067.**

WOMACK ARMY MEDICAL CENTER

The United States military retiree population is a national treasure. I would like to say thanks to each of you for your hard work, dedication, and the many sacrifices you endured while serving our great nation. The experience and wisdom gained by the many years you spent fighting our nation's wars can't be replaced. We are proud to support you, the military retiree, on your special day!

Retiree Appreciation Day 2005 will be held at Womack Army Medical Center for the fourth consecutive year. Our personnel have prepared an excellent educational program regarding nutrition, preventive care, and wellness guidelines. The intent is to provide the retiree with the proper medical advice to follow for a long, happy, and healthy life style. In addition, we will provide information regarding the TRICARE program.

Please utilize the services offered, take home the information, and incorporate the principles into your every day life. This event will only be successful if each of you follows the advice given by our personnel. If, after returning home and digesting the information you have further questions, please feel free to make an appointment and discuss your concerns with your primary care physician.

This event is a huge team effort involving several units on Fort Bragg. In advance, I want to thank each unit's leader and their soldiers and civilians for participating in this event.

Again, we welcome you to WAMC and wish you the best health during your retirement.

**Ronald A. Maul, Colonel
U.S. Army, Commanding**

AGENDA FOR RETIREE APPRECIATION DAYS 2005

FRIDAY, 16 SEPTEMBER

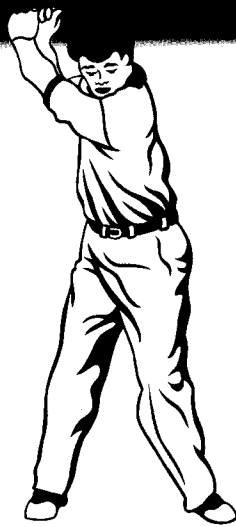
<u>TIME</u>	<u>EVENT</u>		<u>LOCATION</u>
8:00 a.m. - 4:30 p.m.	Retiree Golf Tournament	Mr. Robert Taylor, Golf Pro	Ryder Golf Course
2:00 p.m. - 4:00 p.m.	NC Army Retiree Council Meeting	COL (R) Latella, Co-Chairman SGM (R) Law, Co-Chairman	Fort Bragg Officers' Club (STRAC Lounge)
6:00 p.m. - 7:00 p.m.	Welcome Social		Fort Bragg Officers' Club
7:00 p.m. - 9:00 p.m.	Dinner		(LaFayette Room)

SATURDAY, 17 SEPTEMBER

<u>TIME</u>	<u>EVENT</u>		<u>LOCATION</u>
6:30 a.m. - 8:30 a.m.	Breakfast	WAMC Dining Facility	Womack Army Medical Center
8:30 a.m. - 9:00 a.m.	Welcome	Commander, WAMC	Weaver Auditorium
9:00 a.m. - 9:30 a.m.	TRICARE Briefing Questions & Answers	WAMC Staff	Womack Army Medical Center Weaver Auditorium
11:30 a.m. - 1:00 p.m.	LUNCH (optional)		Womack Army Medical Center (Dining Facility or Snack Bar as desired)
1:30 p.m. - 2:30 p.m.	TRICARE Briefing	WAMC Staff	Womack Army Medical Center Weaver Auditorium
Services available from 8:30 a.m. - 3:00 p.m.	<u>SERVICES</u> Medical Services Optometry screenings Prostate exams and PSA screenings Vascular, Blood pressure, and cholesterol screenings Audiology screenings Breast exams and mammograms Physical Therapy education Pharmacy counseling Nutrition counseling Information handouts	WAMC Staff	Womack Army Medical Center
NOTES: Representatives from various Military Associations, Clubs, and the Armed Forces Retirement Home will be available at WAMC throughout the day.	Dental Services Oral screenings, Dental Health checks and Information handouts	DENTAC Staff	Womack Army Medical Center (2nd Floor)
RAD Packets, Displays and Handouts Available	Staff Judge Advocate Powers of Attorney and Wills	SJA Staff	Womack Army Medical Center (Pediatric Clinic)
Shuttle bus from WAMC to: Post Exchanges 82d Airborne Division Museum JFK Museum Airborne & Special Operations Museum	Vehicle Registration	Public Safety	Information Booth Randolph St. & Bragg Blvd.
	ID Cards	ID Card Facility Staff	Soldier Support Center Bldg. 4-2843 Normandy Drive

RETIREE GOLF TOURNAMENT

The Fort Bragg Retiree Appreciation Days Golf Tournament will be conducted at Ryder Golf Course, Friday, September 16, 2005, from 9:00 a.m. to 3:00 p.m. Sign-in time is 8:00 a.m. Tee-time is at 9:00 a.m. The format for the tournament is "Captain's Choice." Four person teams will be randomly formed based on handicap and current USGA Index. No team registration is allowed. **Tournament participants will be allowed two practice rounds Monday thru Thursday, 12-15 September for \$12 Cart Fee.** The entry fee is \$33.00 per person. Greens Fee, cart, range balls, food and prizes



are included. The first 90 applicants will be accepted. Prizes will be awarded to the 1st, 2nd, 3rd Place Teams; Longest Drive on Hole #7; Closest to Pin on Hole #12. Registration cutoff is September 13, 2005.

Please provide the information requested on the reservation form (page 6) and send your check / money order or your MWR Credit Card number. All reservations must be processed through the Retirement Services Office. Tournament information may be obtained by dialing (910) 907-GOLF.

Ryder Golf Course is located directly behind the Fort Bragg Officers' Club.

RETIREE DINNER

The Retiree Appreciation Days Social, and Welcome/Dinner will be held Friday evening at the Officers' Club in the Lafayette room. The social hour (no host bar) is from 6:00 to 7:00 p.m. Dinner will be served at 7:00 p.m. Reservations must be received NLT September 14, 2005. **Please provide the information requested on the reservation form (page 6) and send check / money order or if you prefer, your Credit Card Number (AMERICAN EXPRESS, VISA, MASTERCARD, OR MWR) to your Retirement Services Office.**

Dinner Menu Choices

Menu #1
Beef Filet (5 oz.)

Served with scallion-mushroom sauce,
a savory maitre'd hotel butter
Washington State Baby Red Potatoes
Green Beans Almandine
Salad with House Dressing
Bread, Butter
Iced Tea or Coffee

\$15.90 per person

Menu #2
Chicken Gordon Bleu

Breast of chicken filled with
sugar cured ham and
American cheeses,
lightly breaded, baked to a
perfect juicy goodness
and served with mouth watering
morning garden sauce
Washington State Red Potatoes
Green Beans Almandine
Salad w/House Dressing
Bread, Butter
Iced Tea or Coffee.

\$14.95 per person

Menu #3
Vegetable Dish

Served with...
Salad w/House Dressing
Bread, Butter
Iced Tea or Coffee
**Catering to your
Individual needs, the
Vegetable Dish
is available at
a cost of**

\$13.85 per person

Dessert: Peach Cobbler • Each Menu includes Iced Tea • Coffee is Available

ID CARD FACILITIES

The Installation ID Card Facility (IDCF) is located in the Soldier Support Center on Normandy Drive. The Hours of operation are: Monday, Tuesday, Wednesday and Friday from 9:00 a.m. to 5:00 p.m. -- Thursday from 9:00 a.m. to 7:00 p.m. -- Saturday from 9:00 a.m. to 12:00 p.m. The telephone numbers for information and/or assistance are 910-396-9339 or 396-8811. The e-mail address is warrend@bragg.army.mil. If you live outside the immediate Ft Bragg area always call before making a trip to the IDCF to ensure there has not been a temporary change in operating hours because of a federal or training holiday or event.

Charlotte, NC: The 108th Division ID Card Facility at the Army Reserve Center, 1330 Westover Street, Charlotte, NC 28205 will issue ID cards to eligible retirees and their family members. The facility is open Monday through Friday 1:00 to 4:00 p.m. It is recommended to call prior to 1:00 p.m. the day you plan to go to ensure you have proper documentation. The telephone number is 704-342-5108.

Raleigh, NC: The ID Card Facility in Raleigh is located in the NC Army National Guard HQ on 4105 Reedy Creek Road. The hours of operation are Monday through Friday from 8:30 - 11:00 a.m. and from 1:00 - 3:00 p.m. For appointments call 919-664-6250 or FAX 919-664-6312.

Asheville, NC: The ID Card Facility in Asheville is located in the Navy Reserve Center at 721 Merrimon Ave, Asheville, NC 28804. ID Card issuance and renewal service is available on a walk-in basis on Tuesdays and Thursdays, from 9:00 a.m. to 11:00 a.m. The telephone number is 828-271-4297.

Winston-Salem, NC: The ID Card Facility in Winston-Salem is located in the National Guard Armory. The address is Hqs, 105th Engineer Group, ATTN: ID Card Center, 2000 Silas Creek Parkway, Winston-Salem, NC 27103. The hours of operation are Monday through Friday from 8:30 a.m. to 3:30 p.m. The telephone number is 336-761-5512.

Fort Bragg / RAD 2005 Map

LEGEND

- 1 South Post Mall
- 2 North Post Mall
- 3 Mini Mall
- 4 Service Station
- 12 Womack AMC
- 20 Solder Support Center
- 21 Officers' Club
- 21 Ryder Golf Course

